

Paleo Chocolate Recipes



PALEO
COOKBOOKS

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IMPORTANT: Those who might be at risk from the effects of salmonella food poisoning (the elderly, pregnant women, young children and those suffering from immune deficiency diseases) should consult their healthcare professional about eating raw eggs.

The following recipes used 85% cocoa chocolate that did not contain soy lecithin, which is a non-paleo ingredient.

These recipes can be made with chocolate containing a higher cocoa content, however, the end result may be a little more bitter.

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CHOCOLATE ORANGE CAKE

Serves 6-8

3 eggs, separated

$\frac{1}{3}$ cup olive oil

$\frac{1}{2}$ cup honey

$1\frac{1}{2}$ cups almond meal

$\frac{1}{2}$ cup cocoa powder

Grated rind and juice from one large orange

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Grease a cake tin and line with baking paper.

Cream egg yolks, oil and honey in a large bowl with an electric beater until light and fluffy. Add almond meal, cocoa powder, orange rind and orange juice and combine well.

In a separate mixing bowl beat the egg whites until stiff peaks form. Fold the egg whites gently into the chocolate orange mixture then pour the cake mixture into a baking tin.

Bake in the oven for 50-60 minutes or until cooked. Test by inserting a skewer into the middle of the cake, if it comes out clean it is cooked through. Serve.



BANANA CHOCOLATE CAKE

Serves 6-8

¼ cup oil	1 cup almond meal
¼ cup honey	½ cup cocoa powder
2 eggs	3 bananas, flesh mashed

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.
Grease a cake tin and line with baking paper.

In a large mixing-bowl cream the oil, honey and eggs until light and fluffy. Add almond meal, cocoa powder and bananas and combine well. Pour the banana cake mixture into a cake tin.

Bake in the oven for 50-60 minutes or until cake is cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through. Serve.



CHOCOLATE BEETROOT CAKE

Serves 6-8

2 large beetroot <i>or</i> 2 cups	⅓ cup honey
grated cooked beetroot	1 tsp baking powder (<i>non-paleo</i>)
1½ cups almond meal	3 eggs
½ cup cocoa powder	

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.
Grease a cake tin and line with baking paper.

Peel beetroot and boil in water for 40-60 minutes or until tender. Remove from pan and set aside to cool.

When the beetroot has cooled, grate and remove excess liquid.

Place the grated beetroot in a large mixing bowl with all other ingredients and combine well using a wooden spoon. Pour the beetroot mixture into a cake tin.

Bake in the oven for 50-60 minutes or until cake is cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through. Serve.

NOTE *If not using baking powder, separate 2-3 eggs (use only egg yolks when mixing all ingredients) and beat the egg whites until stiff peaks form, then fold gently into the beetroot mixture. This will help in aerating the cake.*



WARM CHOCOLATE CAKE

Serves 6-8

5 eggs, separated
⅓ cup maple syrup
⅓ cup vegetable oil

100g chocolate
1 tsp 100% vanilla extract
1 cup almond meal

Instructions

Pre-heat a fan-forced oven to 200° Celsius/400° Fahrenheit. Grease a cake tin and line with baking paper.

In a large mixing bowl cream the oil, maple syrup and egg yolks until light and fluffy.

Melt the chocolate in a pan over low heat. Add to creamed mixture along with vanilla extract and almond meal combining well.

In a separate clean bowl beat the egg whites until stiff peaks form. Add half the egg whites to the chocolate mixture folding in carefully. Add remaining egg whites and folding gently. Pour mixture into cake tin.

Bake in the oven for 10 minutes, reduce heat to 160° Celsius/325° Fahrenheit and bake for a further 4-5 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through.

Cool for 5 minutes before serving.



COFFEE CHOCOLATE CAKE

Serves 6-8

100g chocolate	3 eggs, separated
¼ cup oil	2 tbs honey
2 tbs strong brewed black coffee	½ cup almond meal
¼ cup cocoa powder	

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Grease a cake tin and line with baking paper.

Melt chocolate in a pan over low heat. Pour chocolate into a mixing bowl adding oil and coffee and combine well.

Add cocoa powder, egg yolks, honey and almond meal and combine well.

In a separate clean bowl beat egg whites until stiff peaks form. Fold egg whites gently into the chocolate mixture. Pour chocolate mixture into cake tin.

Bake in the oven for 40-45 minutes or until the cake is cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through.

Leave to cool. Dust with cocoa powder to serve.



NUTTY PAN FORTE

Serves 6-8

½ cup almonds	1 tsp ground nutmeg
¼ cup hazelnuts	1 tsp allspice
⅓ cup pistachio nuts	1 tbs ground cinnamon
⅔ cup raisins	½ cup melted honey
2 tbs cocoa powder	

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place all ingredients in a large mixing bowl and combine well.

Spread the mixture onto a baking tray lined with baking paper and bake in the oven for 5 minutes.

Remove from the oven and cool in a refrigerator. Serve when cooled and hardened.



CHOCOLATE COCONUT SNACK BAR

Serves 4-6

$\frac{3}{4}$ cup almonds	1 cup walnuts
3 tbs desiccated coconut <i>or</i> freshly grated coconut	3 tbs cocoa powder
	$\frac{3}{4}$ cup dates

Instructions

Blend all ingredients in a food processor or blender.

Press mixture firmly into a tray lined with baking paper to prevent sticking.

Cool in a refrigerator for a few hours. When cooled, remove from tray and cut into bar shapes.
Serve.



CHOCOLATE BANANA ICE-CREAMS

Serves 2

2 medium bananas, peeled
100g chocolate

2 ice-cream sticks

Instructions

Cut one end off the bananas to form a flat base. Insert a plastic or wooden ice-cream stick into each banana far enough so that it holds firm.

Melt chocolate in a pan over low heat then pour chocolate onto a plate or flat surface. Roll bananas in the chocolate until well coated; use a knife to spread over bananas if needed.

Place bananas on a plate lined with baking paper and freeze for 6-8 hours or until bananas are frozen. Serve.



CHOCOLATE ORANGE

Serves 2

1 large orange

50g chocolate

Instructions

Place orange in a refrigerator for 3-4 hours or overnight to cool. When cooled, cut orange into quarters.

Melt chocolate in a pan over low heat then spread over the orange quarters using a knife or spatula.

Place oranges on a plate lined with baking paper and return to refrigerator.

Serve when chocolate has hardened.



FRUIT KEBABS WITH COCONUT CHOCOLATE SAUCE

Serves 2-4

4-6 wooden skewers	50g chocolate
1 orange, peeled, flesh diced	1 tbs coconut cream
1 green apple, cored and diced	¼ cup water
1 cup rockmelon, skin removed, seeded and flesh diced	

Instructions

Melt chocolate in a pan over low heat. When melted stir in the coconut cream and water. Remove from heat and pour into a serving bowl.

Thread 4-5 pieces of fruit onto a bamboo skewer.

Serve fruit skewers with the coconut chocolate dipping sauce.



CHOCOLATE AND COCONUT CUSTARD

Serves 3

2 cups coconut milk	100g chocolate, coarsely grated
3 eggs	1 tbs honey

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place all ingredients in a bowl and combine well.

Pour custard mixture evenly into three individual ovenproof dishes. Place dishes into a large baking dish. Pour enough water into the baking dish to come halfway up to the individual dishes.

Bake in the oven for 30-40 minutes or until the custard is set. Test by inserting a knife into the middle of the custard, if it comes out clean it is cooked through.

Serve warm.